

	Birth - 4 months	4 - 6 months	6 - 8 months	8 - 10 months	10 - 12 months
Breast Milk and/or Formula	8-12 feedings: 2-6 ounces per feeding (16-34 oz/day)	4-6 feedings: 4-6 ounces per feeding (28-34 oz/day)	3-5 feedings: 6-8 ounces per feeding (28-34 oz/day)	3-4 feedings: 7-8 ounces per feeding (28-34 oz/day)	3-4 feedings: 7-8 ounces per feeding (28-34 oz/day)
Cereal, Bread, and Starches	None	None	2-3 servings iron fortified cereal (2-4 Tbsp) & other soft breads (1/2 slice), starches may be offered (crackers)	2-3 servings iron fortified cereal (2-4 Tbsp) & other soft breads (1/2 slice), starches (3-4 tbsp pasta/crackers)	4 servings bread (1/2 slice) and other soft starches (3-4 tbsp pasta/crackers), iron fortified cereal (2-4 tbsp)
Fruits & Vegetables	None	None	Plain cooked/mashed/strained baby foods made from fruits/vegetables, limit juice to 4-6 oz of 100% fruit juice	2-3 servings (each serving ~2-3 Tbsp) of soft, cut up, or mashed fruits and vegetables, limit juice to 3-4 oz of 100% fruit juice	4 servings (each serving ~3-4 Tbsp) of soft, cut up, or mashed fruits and vegetables, limit juice to 3-4 oz of 100% fruit juice
Meats & Other Protein	None	None	Plain cooked/pureed meats or beans (1-2 Tbsp per day)	Well cooked, soft, finely cut or pureed meats/cheese (3-4 Tbsp or 1/4 cup 2x/day)	1-2 oz soft, finely cut meat/protein food (3-4 Tbsp or 1/4 cup 2x/day)